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## USDA Announces Final Rule on School Meal Flexibilities

The United States Department of Agriculture (USDA) announced the final rule: **Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements.** The rule increases menu planning flexibilities in the National School Lunch Program, School Breakfast Program and other Federal Child Nutrition Programs effective School Year 2019-2020.

- The rule provides National School Lunch Program and School Breakfast Program operators the option to offer flavored, low-fat milk and requires unflavored milk be offered at each meal service. The option to offer flavored, low-fat milk is extended to beverages for sale during the school day and will also apply to children ages six and older in the Special Milk Program and the Child and Adult Care Food Program.

- The final rule requires half of the weekly grains in the school lunch and breakfast menu be whole grain-rich, thus ending the need for whole grain-rich exemption requests; and . . .
- Maintains Target 1 sodium limits through SY 2023-24, with Target 2 sodium limits taking effect in SY 2024-25 and eliminating the Final Target.

To access the final rule, go to <https://dese.mo.gov/sites/default/files/FNS-FinalRuleChildNutritionMilkWholeGrainsSodium.pdf>



## Serving School Meals to Preschoolers: New Worksheet!



The USDA's Team Nutrition initiative is pleased to announce the release of the **"Serving School Meals to Preschoolers"** training worksheet. Local education agency (LEA) food operators can use this colorful four-page worksheet to plan and prepare menus that meet preschool meal patterns in the School Breakfast Program and National School Lunch Program.

This resource also includes information regarding co-mingling of preschool students and

students from older grade groups, as well as scenario-based questions to test for knowledge and understanding.

All materials are currently available in English online at <https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>. Team Nutrition will announce the availability of Spanish and printed versions at a later date.



## Culinary Skills Institute



# Culinary Skills Institute Training Op is here!

Missouri CSI's mission is to support nutrition environments in schools by advancing the culinary skills and abilities of food service staff

The **Missouri Culinary Skills Institute (CSI)** is pleased to announce open enrollment for **two (2)** spring 2019 training opportunities! The hands-on training offers participants the opportunity to prepare healthy, kid-tested recipes using healthy cooking methods in a team setting with like-minded school food staff from around the state.

### Training Goals:

- Focus on culinary skills such as misé en place (everything in its place), knife skills, taste-testing.
- Incorporate more fruits, vegetables and whole grain products in school menus.
- Learn to enhance flavor in recipes with herbs and spices to help reduce the salt.
- Develop a better understanding of farm to school and learn small steps toward implementation.

### What:

CSI is seeking 15-20 school kitchen staff to attend the 2½ day, hands-on, basic nutrition and culinary skills training. Participants receive a training notebook and kitchen equipment to prepare class recipes and enhance their skills in their school kitchen.

### When:

February 18-20, 2019
Hickory County Farmers Market
South Hwy 254 & County Road 283
Hermitage, MO 65668

OR

March 18-20, 2019
Park Hill High School
7701 NW Barry Rd.
Kansas City, MO 64153

### Who:

Enthusiastic school food service personnel are encouraged to apply.

### Cost:

Registration is free. Travel expenses are the responsibility of the trainees.

### Scholarships:

Missouri School Nutrition Association (MSNA) will award two (2) \$200 scholarships for each training to MSNA members. Scholarship winners will be notified prior to the training.



### To Apply:

Please fax completed application and a letter of recommendation from your supervisor to Department of Health and Senior Services (DHSS) at (573) 522-2856 by close of business Monday, January 28, 2019.

**Successful candidates will receive notification on Friday, February 1, 2019.**

The application link is downloadable at [www.health.mo.gov/living/wellness/nutrition/culinaryskills/](http://www.health.mo.gov/living/wellness/nutrition/culinaryskills/).

For questions or additional information, please contact Lisa Farmer, Nutrition Specialist, 816.521.7740 or [lisa.farmer@health.mo.gov](mailto:lisa.farmer@health.mo.gov).



**Taco Soup**



**Rainbow Rice**



**Chicken Curry**

# National School Breakfast Week: March 4-8, 2019!



Mark your calendar for

## National School Breakfast Week—March 4-8, 2019!

The **#NSBW19** theme is “Start Your Engines With School Breakfast,” which is designed to show parents, students, and school officials the benefits of fueling up for

the day with a healthy school breakfast. Start planning your celebration today—get started with the help of resources available from the School Nutrition Association’s site:

<https://schoolnutrition.org/meetings/events/nsbw/2019/>.

### #NSBW18 Toolkit

Get started by downloading the [NSBW 2019 Toolkit](#) for tips and ideas to help you plan the social event of the season for #NSBW19!

### Merchandise & Products

Find official merchandise in the SNA Emporium at

<https://emporium.schoolnutrition.org> that carry #NSBW19 theme from racing sunglasses and sport water bottles to the best-selling t-shirts, aprons, and posters. School staff can also contact SNA’s Emporium at (800) 728-0728. A catalog can be downloaded from:

[https://emporium.schoolnutrition.org/pdf/SNA\\_Emporium\\_Catalog\\_Web.pdf](https://emporium.schoolnutrition.org/pdf/SNA_Emporium_Catalog_Web.pdf).

### NSBW 2019 Infographic

The [#NSBW19 Infographic](#) contains key information for parents about the school breakfast program and the healthy options available. Download and print copies to hand out, or share the electronic version.

### Social Media Tips Sheet

Making time for social media can require a lot of preparation, just like a race! Download the [Social Media Tips Sheet](#) (pdf) for sample posts, tips, and best practices on photo use for simple and effective social sharing.

### Customizable Press Release

Let your local media know that **#NSBW19** is a newsworthy story with our official, fully [customizable media release](#) (doc). Simply add your district’s information and send out to reporters and bloggers prior to NSBW.

### Proclamation

Make it official! Download the [sample proclamation](#) (doc) and fill in your school or district’s specific information. You can also request that the mayor or city council proclaim it is National School Breakfast Week in your city or town.

### Logo & Artwork

Use official logos and artwork available to download to customize menus, newsletters, social media messaging and your website\*. To request artwork and logos, [completing a short online order form is requested](#). Schools can instantly download the logos, and acquire access to the web links.

## The Food Buying Guide: What is New?

The Food Buying Guide (FBG) for Child Nutrition Programs has all of the current information in one location to help school nutrition personnel:

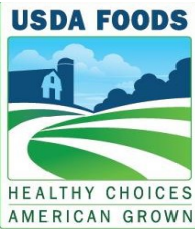
- Buy the right amount of food and the appropriate type of food for the school lunch and breakfast programs.
- Determine the specific contribution each food makes toward the meal pattern requirements. In addition, the latest features include . .
- The Recipe Analysis Workbook which helps program operators determine the meal pattern contribution for recipes! One can search for creditable ingredients, calculate the



meal pattern contribution, and print a contribution statement.

- FBG Calculator is designed to assist in creating a shopping list to streamline food ordering needs.
- Available as an interactive web based tool, the FBG is also available as a mobile app.
- Or one can continue to download the entire manual as a pdf.

Users are encouraged to set up an eAuthorization online account to access all of the above features of the FBG at <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>.



## Donated Food Program—Food Expo, Feb. 5, 2019!

The annual USDA Food Expos offers a one day opportunity for food service directors and head cooks to meet with the Department of Elementary and Secondary Education (DESE), Food and Nutrition Services (FNS) and learn more about the USDA Food Program offered in Missouri. The USDA Food Expos will be held one day only, February 5, 2019 at the [Holiday Inn Executive Center, Columbia MO](#). The USDA Food Expo will consist of two sessions.

1. **Informational Meeting/Presentation:** DESE-FNS will provide information on current practices necessary for LEAs participating in the USDA Donated Food Program. Updates will be shared that affect the ordering of USDA commodities for SY 19-20 and a look into the future.
2. **Food Show/Processing Packet Help Session:** Processed food items offered for SY 19-20 will be available for sampling and comparison against similar approved processed end products. While the food show is in session, LEAs will have the opportunity to work through the annual USDA Food Packet with DESE-FNS personnel to ensure desirable quantities of processed items for SY 19-20 are submitted. Spreadsheets and other helpful tools will be explained for easy use.

### Deadline for registration is January 28, 2019.

- Registration is FREE, but required
- Please register each person attending
- ALL food service directors and head cooks are encouraged to attend the whole day's schedule.
- Lunch is not provided.

### The Day's Schedule is as follows:

9:30-10:00 a.m.—Registration

10:30-11:30 a.m.—Informational Meeting/Presentation

11:30 a.m.-2:30 p.m.—Food Show/USDA Foods Packet Help Session

Registration link is:

<http://www.cvent.com/events/dese-usda-foods-expo-2019/event-summary-082898bfbaf3437aba45217982b3926a.aspx>

For a hotel room reservation, guest room block is limited but can be reserved through the hotel at

<https://goo.gl/G7Mqxq>.

**For request of additional information, contact DESE-FNS by phone 573-751-2646 or email**

[donatedfoods@dese.mo.gov](mailto:donatedfoods@dese.mo.gov).

Food and Nutrition Services  
P.O. Box 480, 205 Jefferson Street  
Jefferson City, Mo 65102  
Phone # 573-751-3526

<http://www.dese.mo.gov/divadm/food>



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